

# FLOW INTO SPRING

## A PRANA FLOW<sup>©</sup> & YIN YOGA WORKSHOP WITH JOANNA NAJDUCH



**SATURDAY 18<sup>TH</sup> MARCH 2017 2.00pm -5.00pm**

**AT INHALE YOGA STUDIO**

**First Floor, Progress House, 17 Cecil Rd, Hale, Altrincham, Cheshire WA15 9NZ**

**£30 per person**

**As the Earth sheds her winter skin and the days are getting longer come and celebrate the Spring Equinox and your own renewed energy with Joanna in this 3 hr yoga workshop.**

**Through Asana, Pranayama, Mudra and Mantra we will be balancing and regenerating the energy body as well as calming the mind.**

**We will be calling upon the nourishing and healing aspects of doTerra essential oils to enhance your experience.**

**Be prepared to plant your seed intentions and emerge renewed and refreshed and ready to embrace the Spring Season!**

**Joannas's wonderfully calming Yoga Nidra will end the workshop!**

**Please reserve your place early as numbers are limited to just 20 spaces for this popular workshop!**

**For bookings and payment details please contact Joanna:**

**[joanna\\_naj@hotmail.com](mailto:joanna_naj@hotmail.com)**

**Please note the workshop is suitable for all except complete beginners.**

**\*\*\*\*NO REFUNDS\*\*\*\***

**[www.yogawithjoanna.com](http://www.yogawithjoanna.com)**